

Children with an incarcerated parent need support, regardless of their age or household income. Support can come in many forms, from having someone to talk to or help buying school clothing. Losing a parent to incarceration, no matter the length of or the reason for their sentence, can be devastating.

Below are resources and links to assist in supporting these families and help them thrive during this challenging time.

INFORMATION AND VIDEOS ABOUT THE EFFECTS OF INCARCERATION:

1. Article the “Hidden Consequences: The Impact of Incarceration on Dependent Children”: [Hidden Consequences: The Impact of Incarceration on Dependent Children \(ojp.gov\)](#)
2. “A SHARED SENTENCE the devastating toll of parental incarceration on kids, families and communities”: [aesharedsentence-2016.pdf](#)
3. “COLLATERAL COSTS: INCARCERATION’S EFFECT ON ECONOMIC MOBILITY”: [COLLATERAL COSTS: Incarceration's effect on economic mobility \(pewtrusts.org\)](#)
4. Tre Maison Dasan is a documentary about three boys in RI growing up, each with a parent in prison. Directly told through the child’s perspective, the film is an exploration of relationships and separation, masculinity, and coming of age in America when a parent is behind bars: <https://www.tremaisondasan.com/>
5. Echoes of Incarceration creates documentaries about incarceration, created by kids affected by incarceration. These DVD are free to educators: <https://www.echoesofincarceration.org/docs>
6. Parental incarceration is now recognized as an Adverse Childhood Experience (ACE) which means these children will have high rates of poor mental and physical health conditions. The number of children affected by parental incarceration is growing as the prison and jail population increases, a study from www.ChildTrends.org was published in October 2015 states that 1 in 14 children has a parent who has incarcerated.

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[COLLATERAL COSTS: Incarceration's effect on economic mobility \(pewtrusts.org\)](http://pewtrusts.org)

RESOURCES FOR CHILDREN in NH

1. Sesame Street on-line has tips, videos and activities for young children to help understand their parents incarceration. Available in English or Spanish

[Coping With Incarceration | Sesame Street in Communities - Sesame Street in Communities](#)

2. A booklet explaining prison for kids in NH [Link to FCC kids brochure](#)
3. Children who have a parent who is incarcerated need to know they're not alone! Kids can meet with other kids, along with an adult facilitator, for a safe place to feel supported, offer understanding to others, process feelings and learn how to cope with them. Groups will do all of this through games, stories & other playful activities.

All support groups will be held on Zoom or a similar on-line platform:

Audience:	Hosted by:	Day/Time:	To Register:
Preschool-aged Children & their Caregivers (Ages 3-4 years)	Family Connections Resource Center	Last Wednesday of each month 12:00-1:00 pm	Event Registration Form (aidaform.com) Or email sjones@childrenunlimitedinc.org

Elementary School (Ages 5-9 years)	Family Resource Center of Central NH	Twice monthly on the 2nd and 4th Mondays of each month 4:30-5:30pm	Sign up now Or email tricia.tousignant@lracs.org
Middle School (Ages 10-13 years)	The Family Resource Center Of Gorham	The 3rd Tuesday of each month 4:30-5:30 pm	Family Ties Inside Out (office.com) Or email gabrielle.flanders@frc123.onmicrosoft.com
High School (Ages 14-18 years)	The Upper Room Family Resource Center	Twice monthly on the 1st and 3rd Tuesday of each month 4:30-5:30pm	Sign up now Or email kparent@urteachers.org

RESOURCES FOR CAREGIVERS

- Adults who are raising a child who has a parent who is incarcerated need to know they're not alone! Caregivers can meet with other caregivers for a safe place to feel supported, offer understanding to others, process feelings and learn how to cope with them. All support groups will be held via Zoom:

Caregivers of Children with Incarcerated Parents	Families First	Evenings Date & time TBA	Email jclement@familiesfirstseacoast.org
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Caregivers of Children with Incarcerated Parents	Greater Tilton Area Family Resource Center	First Thursday of each month 1:00-2:00 pm	To sign up, email peisner@gta-frc.org
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2. Sesame Street on-line has tips for families and caregivers: [Incarceration_Guide.pdf \(sesamestreet.org\)](#)

There are also other helpful activities for adults to do with the children:

[Coping With Incarceration | Sesame Street in Communities - Sesame Street in Communities](#)

3. For children, adults and families who are in need of mental health services the link to the list of Community Mental Health Centers around NH is: [list-map.pdf \(nh.gov\)](#)
4. For grandparents and other relative caregivers in NH, there is a Kinship Navigation Program. Kinship Navigators provide emotional support, education and guidance to relative caregivers, and offer information, referral, and follow-up services to promote independence and enhance the well-being of the families they serve: [Kinship | NH Children's Trust \(nhchildrenstrust.org\)](#)
5. A guide for caregivers in NH who are relatives, but not parents of the children they are caring for: [relativecaregivers.pdf \(nh.gov\)](#)

RESOURCES FOR TEACHERS & SOCIAL WORKERS

1. Tips for Teachers working with children with an incarcerated parent: [COIP_TipSheet-Teachers_508.pdf \(youth.gov\)](#) or [How Can Schools, Teachers, and Counselors Help Children Impacted by Incarceration? | Justice Strategies](#) or [Children of Incarcerated Parents and Academic Success - NCTE](#) or [What to Do When a Parent Is Incarcerated - AMLE](#)

2. The NH Department of Education has partnered to create a Tool Kit for teachers who work with students affected by incarceration:

[OSEW Toolkit's: OSEW Support for Districts and Educators \(instructure.com\)](#)

3. List of support groups in NH for children affected by Parental incarceration and their caregivers: [\(link to Waypoint support group list\)](#)
4. The National Resource Center on Children and Families of the Incarcerated is located at Rutgers University. They have list many resources on their website: <https://nrccfi.camden.rutgers.edu/>
5. Sesame Street on-line has tips for families and caregivers: [Incarceration Guide.pdf \(sesamestreet.org\)](#)

There are also other helpful activities for adults to do with the children:

[Coping With Incarceration | Sesame Street in Communities - Sesame Street in Communities](#)

6. A list of books for kids who are affected by incarceration: [fccbooklist01.pdf \(nh.gov\)](#)
7. To help understand possible effects of incarceration on children, watch the following video about Adverse Childhood Experiences (which highlights 10 childhood experience that can be linked to future physical and mental health issues) and how although a high ACE score can create challenges, they can be overcome: [Moving from ACEs to RESILIENCE - YouTube](#)
8. To learn more about Adverse Childhood Experiences (ACE), find your own score and learn how to heal and prevent them: [Your Number Story - Your number is the story of your ACE history](#)
9. To learn about Positive Childhood Experiences (PCE) which highlights 7 childhood experiences that can be linked to good mental health in adults: [Positive Childhood Experiences \(PCEs\) - Pinetree Institute](#)
10. Article discussing children's outcomes from the University of Minnesota: [June2013ereview.pdf - Google Drive](#)
11. Article the "Hidden Consequences: The Impact of Incarceration on Dependent Children": [Hidden Consequences: The Impact of Incarceration on Dependent Children \(ojp.gov\)](#)